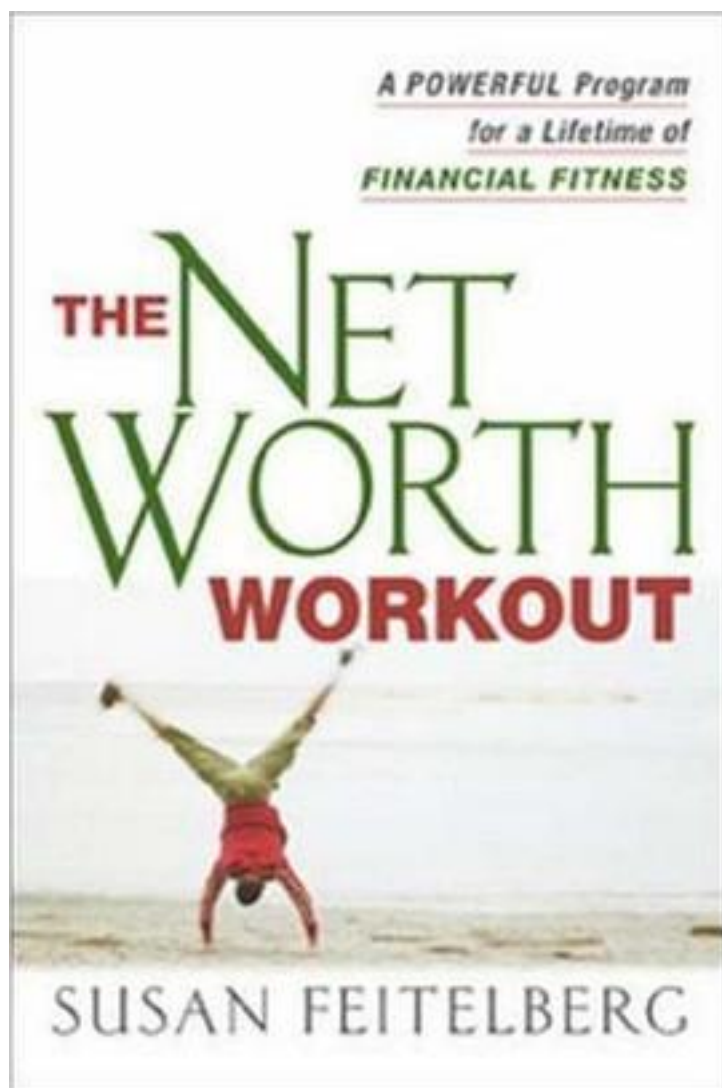


# The Net Worth Workout



[The Net Worth Workout\\_下载链接1\\_](#)

著者:Susan Feitelberg

出版者:AMACOM

出版时间:2007-06-13

装帧:Paperback

isbn:9780814474747

Are your bills bloated, your savings scrawny, and your investments sluggish and lazy? This book introduces a proven program that will get your finances into shape. Inspired by the author's successful seminar program, The Net Worth Workout uses a subject that people relate to easily -- health and fitness -- to make the nervewracking topic of personal finance more accessible. The author compares: Spending with Calorie Intake: Junk spending decreases wealth, while nutritious spending boosts it. Saving with Muscle Strength: Just as weightlifting builds muscle, smart saving builds financial strength. Earning with Metabolism: Earning more (by taking advantage of the options you already have) helps maximize the other components of your financial health. Investing with Cardiac Fitness: Investing increases the long-term effectiveness of the other components and ensures lasting financial health The Net Worth Workout shows you how to follow a manageable, consistent regimen that will help ensure a healthier financial future -- all while hardly breaking a sweat!

作者介绍:

目录:

[The Net Worth Workout\\_下载链接1\\_](#)

标签

Finance

投资理财

评论

-----  
[The Net Worth Workout\\_下载链接1\\_](#)

书评

个人理财一直是说起来容易做起来难。  
但是这本书一步一步的很有实际操作层面的东西让困难变得很容易。  
这是基于作者的实际工作经验。作为一个专业的理财师的实践让这本书很有实际作用。  
比较中美大学的不同，从个人方面来讲，有两个地方，我们的大学需要补充一下的就是  
个人理...

-----  
[The Net Worth Workout\\_下载链接1](#)